



CORNERSTONE AT HAMPTON JULY CALENDAR

ANNOUNCEMENTS & EVENTS:

Monday, July 22nd

Join us as we travel to Bora Bora for Grab Your Passport this month!

Every Monday & Wednesday

Don't miss out on our outings every Monday and Wednesday this month!

STAFF DIRECTORY:

Katrina June
Executive Director

Amanda Jillison
Director of Community Relations

Catherine LaFlamme
Director of Business Administration

Tara Wade
Resident Care Director

Robyn Outcalt
Enriched LIFE Director

Patricia Corso
Director of Compass Programming

Jean Foster-Spillane
Director of Dining Experience

Jack Demeritt
Director of Building & Grounds

How will you spend your day?

The quest for knowledge, inspiration and enrichment is lifelong.



View event photos on our Community facebook page.

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Beaded Jewelry Class 1:00 Outing: Shaws & Marshalls 3:30 Social Hour 6:00 Cribbage Game	2 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Music & Movement 1:00 Walking Club 2:30 Catholic Services 3:30 Bocce Ball Game 3:30 Scripture Reading 6:00 Game Night	3 9:30 Coffee & Catch up 10:15 Chair Yoga w/ Karyl 11:00 Learn: Great Bay 1:00 Outing: Odiorne Point 3:30 Happy Hour 6:00 Movie: Independence Day	4 Happy 4th of July 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Bingo Game 1:00 Misheard Patriotic Music 2:00 Bob Rutherford 3:30 4th of July Trivia w Deb 6:00 Word in a Word	5 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Learn: The Great Depression 1:00 Karaoke Club 1:00 Walking Club 2:00 George Parker 3:30 Happy Hour 6:00 Friday Night Flicks	6 10:15 Morning Stretch 11:00 Walking Club 1:00 Rummikub Game 2:00 Documentary 3:00 Poker and Pretzels 3:30 Social Hour 6:00 Brain Games
7 10:15 Morning Stretch 11:00 Walking Club 1:00 Board Games 2:00 Meditation Group 3:30 Scripture Reading 6:00 Tumble Tower Game Red Sox vs Tigers 1:10pm	8 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Beaded Jewelry Class 1:30 Chair Yoga with Karyl 2:30 Scenic Drive 3:30 Hannafords 6:00 Trivia in the Pub/Red Sox Game	9 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Music and Movement 1:00 Learn: History of Saigon 2:30 Catholic Services 2:30 Walking Club 3:30 Bocce Ball Game 6:00 Game Night	10 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Outing: Lunch Tokyo & Saigon 1:30 Chair Yoga w/ Karyl 2:30 Outdoor Games 3:30 Happy Hour 6:00 Go to the Movies	11 National Blueberry Muffin Day 9:30 Coffee & Catch up 10:15 Core Strengthening 11:00 Cooking Demo: Make Blueberry Muffins 1:00 Craft Corner 2:30 Doug RiCord 3:30 Would you Rather Game 6:00 Word in a Word	12 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Learn: Thomas Edison 1:00 Karaoke Club 2:00 Outdoor Games 3:30 Happy Hour 6:00 Friday Night Flicks	13 10:15 Morning Stretch 11:00 Walking Group 1:00 Men's Group 2:00 Bob Allison Performs 3:00 Poker and Pretzels 3:30 Science Documentary 5:00 Pizza and Beer for Dinner 6:00 Brain Games Red Sox vs Dodgers 7:15 pm
14 10:15 Morning Stretch 11:00 Resident's Choice Documentary 1:00 Walking Group 2:00 BINGO 3:30 Spa Day 6:00 Independent Puzzles Red Sox vs Blue Jays 7:05pm	15 9:30 Coffee & Catch up 10:15 Chair Yoga with Karyl 11:00 Beaded Jewelry Class 1:30 Chair yoga with Karyl 2:30 Lagos Ice Cream 3:30 Scenic Drive 6:00 Independent Puzzles	16 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Music & Movement 1:00 Learn: Nubble LightHouse 2:30 Catholic Services 2:30 Outdoor Games 3:30 Board Game Challenge 6:00 Game Night	17 9:30 Coffee & Catch up 10:15 Chair Yoga w/ Karyl 11:00 Make Tie Dye Shirts 1:00 Outing: Nubble Lighthouse 2:30 Chris Ekblun 3:30 Happy Hour 6:00 Go to the Movies	18 9:30 Coffee & Catch up 10:15 Shawn's Core Strengthening Class 11:00 Learn: Ghost of Isles of Shoals 1:00 Craft Corner 2:00 Ralphie B 3:30 Bocce ball Game 6:00 Word in a Word	19 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Resident Council 1:00 Karaoke Club 2:00 Checkers Game 3:30 Happy Hour 6:00 Friday Night Flicks	20 10:15 Morning Stretch 11:00 Board Games 1:00 Men's Group 2:00 Walking Club 3:00 Poker and Pretzels 3:30 Social Hour 6:00 Brain Games Red Sox vs Orioles 7:05pm
21 10:15 Morning Stretch 11:00 board Games 1:00 Walking Group 2:00 BINGO 3:30 Scripture Reading 6:00 Independent Puzzles Red Sox Vs Orioles 1:05 pm	22 GYP Bora Bora 9:30 Coffee & Catch up 10:00 Trinity Church 10:15 Morning Stretch 11:00 Learn: Bora Bora 1:00 Bora Bora Trivia 1:30 Chair yoga with Karyl 2:30 Jillian Mann 3:30 Bora Bora Snacks & Wine Card Games	23 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Music & Movement 1:00 Learn: Watergate 2:30 Catholic Services 2:30 Outdoor Games 3:30 Social Hour 6:00 Game Night	24 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Flag Hill Winery Tasting 1:30 Chair Yoga w/ Karyl 2:30 Bingo Game 3:30 Happy Hour 6:00 Go to the Movies	25 9:30 Coffee & Catch up 10:15 Shawn's Core Strengthening Class 11:00 Learn: Portsmouth Naval Prison 1:00 Craft Corner 2:00 Bill Foley 3:30 Resident Round Table 6:00 Word in a Word	26 9:30 Coffee With the Chiefs 10:15 Morning Stretch 11:00 Walking Club 1:00 Karaoke Club 2:00 July Birthdays 2:30 Don Smith 3:30 Happy Hour 6:00 Friday Night Flicks	27 10:15 Morning Stretch 1:00 Coffee & Conversation 1:00 Jeopardy Game 2:00 Walking Club 3:00 Poker and Pretzels 3:30 Patio games 6:00 Brain Games Red Sox vs Yankees 7:10 pm
28 10:15 Morning Stretch 11:00 Walking Club 1:00 Resident's Choice: Documentary 2:00 BINGO 3:30 Patio Party 6:00 Independent Puzzles Red Sox vs Yankees 7:05 pm	29 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Beaded Jewelry Class 1:30 Chair Yoga with Karyl 2:30 Target Shopping Trip 3:30 Scenic Drive 6:00 Trivia in the Pub/Red Sox Game	30 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Music & Movement 1:00 Learn: Einstein 2:30 Catholic Services 2:30 Animal Show 3:30 Bean bag toss 6:00 Game Night	31 9:30 Coffee & Catch up 10:15 Morning Stretch 11:00 Lifetime Achievement 1:30 Chair Yoga w/ Karyl 2:30 Tuck Museum 3:30 Happy Hour 6:00 Go to the Movies	Program Key: <div style="display: flex; justify-content: space-between;"> <div> ■ High Tide Cafe ■ Patio/Courtyard ■ Arts & Crafts Room ■ Legat Library ■ The Barn Theater </div> <div> ■ Winnacunnet Fitness ■ Compass Neighborhood ■ Boar's Head Pub ■ Piano Lounge ■ Van Trip </div> </div>		
<i>* Programs are subject to change based on resident interests.</i>						